# SAMPLE REPORT Clinical Evaluation for Guardianship Proceedings

Person proposed for guardianship: John Goodheart D.O.B: 3/07/1928

Name of clinical evaluator: Sally Forth, LICSW Date of report:

<u>Date and place of examination</u>: I examined Mr. Goodheart in his apartment on July 1, 2009. There were no others present. He was alert and cooperative with the interview.

Additional sources of information: I spoke with his primary care physician and psychiatrist by phone and reviewed Mr. Goodheart's medical record. I later interviewed his son, Albert Goodheart and daughter, Melissa Johnson who are the petitioners in this matter and his only living relatives.

#### Summary of attached report:

#### Background

Mr. John Goodheart is a widowed 81 year old man who currently resides independently in the apartment he shared with his wife until her death one year ago. He has a long history of alcohol abuse and more recent diagnoses of depression and dementia, thought due to his alcohol use. The petitioners are concerned that he lacks the capacity to meet his basic needs for food, shelter, basic hygiene or to meet his financial obligations. He has not been eating well for some time, often fails to pay his bills and at times his behavior is erratic. They attribute this to his persistent alcohol abuse. When drinking, he is easily confused (not remembering if he's eaten, forgetting to take his medications). Last month he fell, resulting in a broken collarbone but had no head or hip injury. The doctor in the emergency room told his daughter it could have been worse and that her father was going to kill himself someday if he didn't stop drinking. This is what prompted his children to petition for a guardianship. They want him to move to an assisted living facility where he can be looked after which he adamantly rejects.

#### Findings

My assessment supports the diagnoses of depression and alcohol abuse, both of which contribute to Mr. Goodheart's diminished capacity to look after himself and his home. Both the depression and his escalated alcohol use can reasonably be expected to improve with treatment. My evaluation also suggests the probable diagnosis of dementia due to alcoholism but a definitive diagnosis must await completion of his treatment for depression and a more extended period of sobriety.

Mr. Goodheart is able to perform his basic activities of daily living (bathing, grooming, dressing, toileting, walking) without supervision or assistance. His intermittent lack of interest and attention to his appearance and poor eating habits are likely attributable to his depression and alcohol use. He improves with basic support provided by his children. His intermittent lack of safety awareness appears limited to periods of acute intoxication.

Mr. Goodheart is able make informed medical decisions without supervision or assistance. He is able to manage his medication with the aid of a pill dispenser which his daughter oversees.

Mr. Goodheart is able to make most financial decisions without supervision or assistance. However, he does require support and assistance in the mechanics of money management such as balancing his checkbook and paying his bills on time. He is amenable to receiving assistance in managing his bills.

#### Recommendation

My findings do NOT support the conclusion that Mr. Goodheart is in need of a guardian to manage his personal or financial affairs.

I do recommend that Mr. Goodheart continue treatment and receive additional in home services and support to maximize his independence and self-reliance. He is amenable to this recommendation.

## **Model Clinical Evaluation Report**

St	State of VT				In the Court Division			
C	County of Bennington				File No.			
	the Matter of: hn Goodheart							
1. A.	PHYSICAL AND MENTAL CONDITION Physical Diagnoses: Anemia, alcoholism, probable alcohobstructive pulmonary disease (CO	olic dementia. gas			reflux d	isease (	GERD), chroni	ic
	Overall Physical Health: Individual's Rating of Health Physical Health will likely	Excellent	⊠G	iood iood e stable	⊠ Fair □ Fair □ Decl	ine	☐ Poor ☐ Poor ⊠Uncertain	
В.	Mental (DSM) Diagnoses: Substance abuse disorder, Probable specified(NOS)	e Dementia due to	alc	oholism, de	epresssi	on, not c	otherwise	
	Overall Mental Health: Individual's Rating of Health Overall Mental Health will likely	☐ Excellent	⊠G	ood ood e stable	⊠ Fair □ Fair □ Decl	ine	☐ Poor ☐ Poor ☑ Uncertain	
	Mr. Goodheart's known mental decl about one year ago following the de frequently intoxicated, walking outsi failed to pay bills on time multiple of with help of his daughter. Psychaitr depression. It is not clear at this time accounts for his cognitive decline.	eath of his wife. Du de in inclement we ccasions. When th ic assessment one	iring eath area e m	this year her without a tened with onth ago co	ne has be adequate loss of u oncluded	een obso e clothin utilities, h I he suffo	erved to be g, and he has ne paid his bills ers from	
	I recommend Mr. Goodheart be re	e-evaluated in nin	ie n	nonths.				
C.	Current Medication Individual manages accepts necess	ry assistance/supe	ervi	sion ⊠ Yes	□No	☐ Unce	ertain	
	Individual takes one or more med	lications that may	y im	n <b>pair menta</b> ⊠ Yes		i <b>oning</b>	ertain	
D.	Reversible Causes.			x□ Yes	s 🗌 No	Unce	ertain	
	Mr. Goodheart has been evaluated	but treatment is no	ot co	ompleted. H	le recen	tlv bega	n treatment foi	r

Mr. Goodheart has been evaluated but treatment is not completed. He recently began treatment for depression but but has refused treatment for his alcohol abuse. Depression is known to cause cognitive impairment, most notably in the areas of concentration, attention and memory. Temazepam (Restoril), a medication prescribed for sleep since his wife died, can also cause memory impairment and confusion in older persons. Alcohol use, both acutely and chronically, impairs judgment and can cause problems with memory and orientation.

#### E. Mitigating Factors

Mr. Goodheart's wife died one year ago. Since that time his mood has changed and his alcohol use, which is a long-standing problem, has increased significantly. If treatment for his depression is successful, and restoril is disconinued, it is reasonable to think his overall cognitive function will improve. However, this improvement may be negated if he continues to consume alcohol at his current or increased levels,

#### 2. COGNITIVE AND EMOTIONAL FUNCTIONING

Mr. Goodheart was able to remain engaged in the interview which lasted over an hour. he

	demonstrated good of his deficits though was					He tended to minimize
A.	Alertness/Level of C Overall Impairment: Alertness will likely	Consciousnes  None Improve	SS	☐ Moderate	☐ Severe ☑Fluctuate	☐ Non-Responsive
В.	Memory and Cognit Overall Impairment:		<b>ng</b> □ Mild		☐ Severe	
	then not being able to serial sevens. He fre	recall any of quently asked understood the	three after 5 me to repeat purpose of t	minutes. He ca t my name and t he evaluation ar	nnot complete to explain the p	learn three words and digit span in reverse of the 'test.' ngry about it. 'They jus
	His language function	n is completely	intact.			
	He has difficulty with	simple calcula	tions.			
	For more details see	the attached d	locument on	cognitive function	n.	
C.	Emotional and Psyc Overall Impairment:		ioning Mild		Severe	
	Mr. Goodheart has a by his irritability, diffic friends or family.					ssion. This is evidenced interest in seeing his
	For more details see	the attached d	locument on	emotional functi	on.	

#### D. Fluctuation.

Mr. Goodheart's mental state did not fluctuate ove the course of the interview. His mental state changes when he is intoxicated. These changes (impaired judgment, impulsivity, disorientation, worsening memory problems) do have a significant impact on function as described n the history

#### 3. EVERYDAY FUNCTIONING.

A.	Activities of Daily Living (ADL'S) Ability to Care for Self (bathing, grooming, dressing, walking, toileting, etc.)
	Level of Function:  ☐ can manage without supervision or assistance ☐ could manage with supervision or assistance of support ☐ unable to manage without the supervision of a guardian
В.	Instrumental Activities of Daily Living (IADL'S) (Complete supporting documents)
	Financial Decision-Making (bills, donations, investments, real estate, wills, protect assets, resist fraud, etc.)
	<ul> <li>□ can manage without supervision or assistance</li> <li>□ could manage with supervision or assistance of support services</li> <li>□ unable to manage without the supervision of a guardian</li> </ul>
	Medical Decision-Making (express a choice and understand, appreciate, reason about health info, etc.)
	<ul> <li>□ can manage without supervision or assistance</li> <li>□ could manage with supervision or assistance of support</li> <li>□ unable to manage without the supervision of a guardian</li> </ul>
	Care of Home and Functioning in Community (manage home, health, telephone, mail, drive, leisure, etc.)
	<ul> <li>□ can manage without supervision or assistance</li> <li>□ could manage with supervision or assistance of support services</li> <li>□ unable to manage without the supervision of a guardian</li> </ul>
	Other Relevant Civil, Legal, or Safety Matters (sign documents, vote, retain counsel, etc.)
	<ul> <li>□ can manage without supervision or assistance</li> <li>□ could manage with supervision or assistance of support services</li> <li>□ unable to manage without the supervision of a guardian</li> </ul>
	See supporting documents for detail

#### 4. VALUES AND PREFERENCES.

Mr. Goodheart is adamant about not wanting a guardian. Historically and currently he is amenable to receiving help obtaining groceries, managing his checkbook and paying his bills.

He prefers to make his own decisions. He states he listens to what others say but makes up his own mind. His children offer a different view saying that he has always "never listened" and is very stubborn. When intoxicated, "there is no reasoning with him"

#### **Preferences for habitation**

Mr. Goodheart wishes to remain living in the apartment he shared with his wife until one year ago. What he values most highly are his privacy, safety and familiarity of his surroundings: "I like to know where I put things"; "I want to be left in peace"; "My wife's things are here"

#### Goals and Quality of Life

Mr. Goodheart believes he was a good husband and a good provider. Memories of their time together are very important to him. He is unable to elaborate further on what is important to him.

What have been the individual's most valued relationships and activities?

Mr. Goodheart expressed the feeling that his wife was the only person who really mattered to him and now that she is gone, he feels quite alone. His relationship with is children has been "good" until the recent petition. He says he used to like to drink with WWII buddies at the local VFW though says many have passed away. He was a truck driver but has no remaining connections to his former occupation. He enjoyed hunting and fishing in the past but has not done so for several years. He cannot say why he discontinued these activities ("just old I guess").

#### Concerns, Values, Religious Views

Mr. Goodheart's primary concern appears to be that he be left alone. He often states he is just waiting to die so that he can be with his wife. He states he always follows Drs.orders is proud of having quit smoking when he was told he had emphysema [COPD]. He states that if the Doctor tells him to quit drinking he will [this is not supported by the fact of his continued drinking].

None identified. Mr. Goodheart says he is a Christian and believes in God but that he is not a "churchgoer"

Mr. Goodheart bitterly states he fought for his country and has earned the 'right to be left alone'. He dislikes being told what to do and to being told he cannot take care of himself. He is worried that his children are trying to force him out of his apartment so they can have his money. When pressed, he acknowledges that his children have never taken advantage of him before but states everything has changed since his wife died.

## 5. RISK OF HARM AND LEVEL OF SUPERVISION NEEDED Nature of Risks.

Mr. Goodheart is at risk of a repeat fall due to his poor balance and continued alcohol use. He is at risk of decline in health due to his poor nutritional intake and continued alcohol use. He is at risk of further cognitive decline if he continues to use alcohol and this could result in going out of doors in inclement weather, self-neglect, failure to pay his bills on time.

#### Social Factors.

By his report, Mr. Goodheart's now deceased wife managed the household, including cooking, cleaning, paying the bills and managing the checkbook. Until the petition for guardianship came about, he did inconsistently accept his daughter's help in managing his finances.

abc	out, he did inconsistently accept his daughter's help in managing his imances.
В.	How <b>severe</b> is risk of harm to self or others: ☐ Mild ☐ Moderate ☐ Severe
C.	How <b>likely</b> is it ☐ Almost Certain ☐ Probable ☐ Possible ☐ Unlikely
D.	Level of Supervision Needed. In my clinical opinion:
	☐ Locked facility ☐ 24-hr supervision ☐ Some supervision ☐ No supervision
	Needs could be met by: ☐ Limited Guardianship ☐ Less Restrictive Alternative
	Mr. Goodheart is amenable to assistance in those areas he has difficulty managing as outlined above. His daughter currently oversees his medication (helps set up the dispenser and calls to see if he has taken them); both children have been assisting with shopping since he voluntarily stopped driving over a year ago (right before his wife died. He says "I just thought it was a good idea"). He would benefit from ongoing support to make sure his bills are paid

6.	TREATMENTS AND HOUSING. Mr. Goodhea	art would b	enefit fro	m:			
	Education, training, or rehabilitation	☐ Yes	☐ No	□ Uncertain			
	Mental health treatment	⊠ Yes	☐ No	☐ Uncertain			
	Occupational, physical, or other therapy	⊠ Yes	☐ No	☐ Uncertain			
	Home and/or social services	⊠ Yes	☐ No	☐ Uncertain			
	Assistive devices or accommodations	☐ Yes	⊠ No	☐ Uncertain			
	Medical treatment, operation or procedure	☐ Yes	⊠ No	☐ Uncertain			
	Other:	☐ Yes	☐ No	☐ Uncertain			
	Mr. Goodheart's wife managed many househo	ld function	ns, which	he is not currently interested in			
	mastering (balancing his checkbook for examp	ole). This	may be ir	part attributable to his continued			
	grieving and /or his clinical depression. When	his depres	sion has	been successfully treated, he may			
	benefit from education about basic financial life	e skills. H	owever, g	given his memory deficits, which			
	may worsen if he continues to use alcohol, ma	y limit his	ability to	acquire these skills.			
	Mr. Goodheart should continue his treatment frand cut down on his alcohol use. A specific remanaged by his primary care doctor who succemental health professional treating his depressional treating his depression his	ferral can essfully pe	be made	to a substance abuse counselor or			
	Mr. Goodheart would benefit from a home safe done by an occupational therapist but can be on National Administration on Aging (AOA). These or Council on Aging. He would also benefit for what, if any, interventions could improve his gas	done by a se can ger an asses	family me erally be sment of	ember using tools provided by the obtained through the local hospital			
	A referral to the local Council on Aging would a independent living. Specifically he may benefit Wheels), and case management to make sure learn to balance his checkbook and/or set up a assist his access to resources for falls prevent	t from a no utility bills automatic	utrition co and rent	onsult, food program (Meals on are paid on time, and to help him			
	The family may benefit from meeting with a memoral mediation to work out details of a voluntary arm						
7.	ATTENDANCE AT HEARING  The individual can attend the hearing ⊠ Yes						
	Mr. Goodheart's language comprehension is in concise, clear sentences. Mr. Goodheart may memory loss. His mild hearing impairment sho are eliminated and those speaking speak slow volume. Speaking too loudly will make it hards	require repuld not po ly, distinct	petition of se a sign ly and wit	f information due to his short term ificant barrier if background noises			
8.	CERTIFICATIONS*						
	I am a ☐ Physician ☐ Psychologist │	Other o	ualified n	nental health professional licensed			
	to practice in the state of VT						
	Office Address: 103 Main St						

License type,	number,	and date
Print Name	-	
		DATE
SIGNATURE of CLINICIAN		
that I am qualified to testif	y regarding the specific functional capac	st of my information and belief. I further testify cities addressed in this report, and I am by written affidavit or personal appearance if
<ul><li>☐ Review of medical r</li><li>☐ Discussion with hea</li><li>☐ Discussion with fam</li><li>☐ Other</li></ul>	Ith care professionals involved in the	e individual's care
Other sources of inform	nation for this examination:	
Time spent in examina	ion: 1.5 hours	
Date of this examinatio	n or the date you last saw the patier	nt: July 1, 2009
⊠ Yes □ No		
Prior to the examination	n, I informed the patient that commu	nications would <b>not</b> be privileged:
	he purpose of capacity assessment knowledge of this patient	
This form was complete	ed based on:	
Office Phone: 802-24	1-xxxx	

#### **Supplemental Documents**

#### **List all Medications**

Name Temazepam (sleeping medication)	<u>Dosage/Schedule</u> 15-30 mg at bedtime
Albuterol (breathing medication)	
Nexium (for GERD)	
Folic acid (anemia)	

List any tests which bear upon the issue of incapacity, the findings and date of tests:

Mini Mental Status Exam (screening for dementia) (+) for dementia

MIni-Cog (Screening for dementia): (+) for dementia

PHQ-9 (Screening for depression) (+) for depression

## **Supplemental documents**

## **Cognitive Functioning**

1.	Sensory Acuity (detection of visual, auditory, tactile stimuli) Level of impairment: ☐ None ☐ Mild ☐ Moderate ☐ Severe ☐ Not eval.
	Mild hearing impairment
2.	Motor Activity and Skills (active, agitated, slowed; gross and fine motor skills) Level of impairment: ☐ None ☐ Mild ☒ Moderate ☐ Severe ☐ Not eval.
	Has a wide-based gait characteristic of persons with long term alcohol use; walks slowly and uses furntiture, wall, to support himself. He is able to open doors; open jars; turn water on and off; button and unbutton his shirt; operate a microwave; television remote control, and a telephone.
3.	<b>Attention</b> (attend to a stimulus; concentrate on a stimulus over brief time periods) Level of impairment: ☐ None ☐ Mild ☐ Moderate ☐ Severe ☐ Not eval.
	Mr. Goodheart was able to attend to and answer my questions without difficulty. However, he had significant difficulty on formal tests of attention (digit span, serial sevens).
4.	<b>Working memory</b> (attend to verbal or visual material over short time periods; hold ≥ 2 ideas in mind) Level of impairment:
5.	Short term/recent memory and Learning (ability to encode, store, and retrieve information) Level of impairment: ☐ None ☐ Mild ☒ Moderate ☐ Severe ☐ Not eval.
	Describe: Mr. Goodheart needed several trials to learn three words and then was not able to recall any of three after 5 minutes.
6.	Long term memory (remember information from the past) Level of impairment: ☐ None ☑ Mild ☐ Moderate ☐ Severe ☐ Not eval.
	Mr. Goodheart is able to recall pertinent facts about his personal past and social historical highlights: (upbringing, education, marriage, offspring, occupation, president during WWII). His children state some of the dates are "off" but that his overall recollections are accurate.
7.	Understanding ("receptive language"; comprehend written, spoken, or visual information)         Level of impairment:       ☑ None       ☐ Mild       ☐ Moderate       ☐ Severe       ☐ Not eval.
8.	Communication ("expressive language"; express self in words, writing, signs; indicate choices)  Level of impairment:   None □ Mild □ Moderate □ Severe □ Not eval

Group, copyright 2006, ABA and APA. **9. Arithmetic** (understand basic quantities; make simple calculations) Level of impairment: ☐ None  $\boxtimes$  Mild Moderate ☐ Not eval. Severe Mr. Goodheart can add, subtract and multiply simple sums with pencil and paper. He cannot mentally solve word problems involving multiple steps requiring addition of multiple imaginary purchases and receiving correct change from a \$20 bill. 10. Verbal Reasoning (compare two choices and to reason logically about outcomes) ⊠ Mild Moderate Level of impairment: ■ None Severe ☐ Not eval. Mr. Goodheart is able to weigh the advantages and disadvantages of having or not having someone help him with his finances. He is able to weigh the advantages and disadvantages of living independently but is unable to express any appreciation of the possible advantages of moving to an assisted living facility even when posed as a purely theoretical option. 11. Visual-Spatial and Visuo-Constructional Reasoning (visual-spatial perception, visual problem solving) Level of impairment: ☐ Mild ☐ Moderate Severe ☐ Not eval. 12. Executive Functioning (plan for the future, demonstrate judgment, inhibit inappropriate responses) Level of impairment: ■ None Mild Severe Mr. Goodheart has very little interest in the future and it is dificult to engage him in any discussion of a"his situation 6 months or a year from now. When pressed, he demonstrates resaonably intact

capacities for everyday decision-making but planning ahead is a major challenge.

Adapted from Judicial Determination of Capacity of Older Adults in Guardianship Proceedings developed by the American Bar Association(ABA)/American Psychological Association (APA) Assessment of Capacity in Older Adults Work Project Working

### **Emotional and Psychiatric Functioning**

1.	<b>Disorganized Thinking</b> (rambling thoughts, nonsensical, incoherent thinking) Level of impairment: ⊠ None ☐ Mild ☐ Moderate ☐ Severe ☐ Not eval.
2.	<b>Hallucinations</b> (seeing, hearing, smelling things that are not there) Level of impairment: ⊠ None ☐ Mild ☐ Moderate ☐ Severe ☐ Not eval.
3.	<b>Delusions</b> (extreme suspiciousness; believing things that are not true against reason or evidence) Level of impairment: ⊠ None ☐ Mild ☐ Moderate ☐ Severe ☐ Not eval.
4.	Anxiety (uncontrollable worry, fear, thoughts, or behaviors)         Level of impairment:       ☐ None       ☑ Mild       ☐ Moderate       ☐ Severe       ☐ Not eval.
	Mr. Goodheart appears anxious during the interview and expressed fear that his children are trying to "put him somewhere"
5.	Mania (very high mood, disinhibition, sleeplessness, high energy)         Level of impairment:       ☑ None       ☐ Mild       ☐ Moderate       ☐ Severe       ☐ Not eval.
6.	Depressed Mood (sad or irritable mood)         Level of impairment:       ☐ None       ☐ Mild       ☐ Moderate       ☐ Severe       ☐ Not eval.
	Mr. Goodheart has a moderately severe depression that is only in partial remission. This is evidenced by his irritability, difficulty thinking about his future, wish to be dead, loss of interest in seeing his friends or family.
7.	Insight (ability to acknowledge illness and accept help)         Level of impairment:       ☐ None       ☐ Mild       ☑ Moderate       ☐ Severe       ☐ Not eval.
	Mr. Goodheart acknowledges he has breathing and 'stomach' problems and He is not sure he agrees with the doctor that he has depression but states "i'm going along with it"
8.	Impulsivity (acting without considering the consequences of behavior) Level of impairment: ☐ None ☑ Mild ☐ Moderate ☐ Severe ☐ Not eval.
	Mr. Goodheart had no evidence of behavioral instability during the interview. Historically, he is said to have gone out of doors improperly dressed "on impulse" to look for something.
9.	Noncompliance (refuses to accept help) Level of impairment: ☐ None ☑ Mild ☐ Moderate ☐ Severe ☐ Not eval.
	He is reasonably compliant with his medications. He refuses any intervention for his alcohol abuse but agrees to "cut down" if it will get people off his back.

## **Everyday Functioning**

1. Independent	2. Needs Support	3. Needs Assistance	4. Total Care	
				Care of Self (Activities of Daily Living (ADL's)) and related activities  Maintain adequate hygiene, including bathing, dressing, toileting, dental  Prepare meals and eat for adequate nutrition  Identify abuse or neglect and protect self from harm  Other:
				Financial (If appropriate note dollar limits)  Protect and spend small amounts of cash Manage and use checks Give gifts and donations Make or modify will  Buy or sell real property Deposit, withdraw, dispose, invest monetary assets Establish and use credit Pay, settle, prosecute, or contest any claim Enter into a contract, financial commitment, or lease arrangement Continue or participate in the operation of a business Employ persons to advise or assist him/her Resist exploitation, coercion, undue influence Other:
				Medical Give/ Withhold medical consent Admit self to health facility Choose and direct caregivers Make or change an advance directive Manage medications Contact help if ill or in medical emergency Other:
				Home and Community Life Choose/establish abode Maintain reasonably safe and clean shelter Be left alone without danger Drive or use public transportation Make and communicate choices about roommates Initiate and follow a schedule of daily and leisure activities Travel Establish and maintain personal relationships with friends, relatives, co-Workers

		Determine his or her degree of participation in religious activities Use telephone Use mail Avoid environmental dangers such as stove, poisons, and obtain emergency help Other:
		Civil or Legal Retain legal counsel Vote Make decisions about legal documents Other: